

LONDON

metro®

Friday's Jackpot
\$40 MILLION
estimated



NEWS
WORTH
SHARING.

WHATEVER: WHITE WOULDN'T WIN ANYWAYS ...

CANADIAN SNOWBOARDERS TAKE TO TWITTER TO SLAM U.S. CHAMP SHAUN WHITE FOR PULLING OUT OF OLYMPIC SLOPESTYLE EVENT **PAGE 17**



Race for city council went from zero to 60

Thirty-eight people are vying council seats — even with the municipal election still months away **PAGE 3**

Chaos follows snowfall on Highway 401

Heavy snow leads to a massive pileup involving roughly 50 vehicles, taxing ambulances, police **PAGE 4**

Steve Stamkos stopping short of Sochi

Tampa Bay Lightning star pulls out of Olympic Games after tests show his broken leg hasn't fully healed **PAGE 16**

Feeling blue? You're not alone



Cold, miserable and grumpy? Wednesday's snow followed by falling temperatures likely added to the heaping mound of misery many are feeling this winter. MIKE DONACHIE/METRO

'Try to get out.' This winter's long haul really could be taking a toll on your mental health, expert says



SCOTT TAYLOR
scott.taylor@metronews.ca

Cold and snow and snow and cold.

If the rugged winter has you down, you're not alone, says a London psychologist and Western University professor.

Dr. Ian Nicholson said many people suffer the wintertime blues, but there are ways to chase them away.

Unfortunately, it often means going out to embrace the very thing that's getting you down in the first place.

"It's a recognized phenomena where a number of people at this time of year begin to notice some of the impacts that the winter has on them over the long term," he said. "It can get to

somebody because people don't go out and do as much when the weather's like this. They're less active, which tends to make them more sluggish."

When people are less involved and less engaged in their daily routine, they feel less positive about things overall, he added.

"They're not as connected with other people because they're not getting out as much," he said. "They're not able to just get even a small amount of sunlight for days or weeks on end because of the conditions."

The doctor's advice?

"Try to get out and do as much as you normally would if the weather was good," Nicholson said. "If you wait until it is good, you'll spend months doing nothing."

Londoners trying to navigate to and from work in thick snow Wednesday received a double-whammy from the Middlesex-London Health Unit, which issued a cold alert through Saturday.

Temperatures began to fall soon after the snow ended and the forecast for the next three days is a chilly one again.

The latest Environment Canada forecast calls for temperatures to drop to a low of -17 C Wednesday night and for daytime lows to remain below -15 C through the rest of the week.

Even the good doctor might agree that it could be difficult to follow his orders in this winter of London's discontent. But according to the groundhog, it still has almost six weeks to go.

Quoted

"The small amount of sunlight that comes through the clouds is better than sitting in an office or a room all day with the lights on."

Dr. Ian Nicholson

HONK IF YOU'RE TIRED OF HIBERNATING.

DRIVE
HOME
ADEAL

ONTARIO
TOYOTA
DEALERS

Real people.
Great cars.



THE ALL-NEW
2014 COROLLA CE MANUAL



ALL-IN LEASE

\$89⁺@2.9% APR

semi-monthly for 60 months with \$1,100⁺ Lease Assist applied. Includes freight and fees. HST extra.

zero DOWN

Your local Dealer may charge additional fees of up to \$1,103. Charges may vary by Dealer.®

Limited time lease offers available from Toyota Financial Services on approved credit. \$2.9% lease APR for 60 months on a new 2014 Corolla CE Manual (Model BU9CEMA) with an all-in price of \$17,549 equals a semi-monthly payment of \$89 for 120 payments with a \$0 down payment or trade equivalent, when you apply the \$1,100 Lease Assist. First monthly payment due at lease inception. Total lease obligation is \$10,670. All-in lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), HST, licensing, registration and insurance are extra. Dealer may lease for less. Based on a maximum of 100,000KM. Additional KM charge of \$0.07 for excess kilometres, if applicable. A \$1,100 Lease Assist on a new 2014 Corolla CE Manual is valid on Toyota retail delivery (excluding fleet sales) when leased from an Ontario Toyota dealership. Lease Assist includes tax and will be applied after taxes have been charged on the full amount of the negotiated price. Vehicles receiving Lease Assist must be purchased, registered and delivered between February 1 and February 28, 2014. Dealer Fees may be added and may be comprised of administrative/ documentation fees, VIN Etching, anti-theft products, cold weather packages or other fees. Fees may vary by Dealer. Offers are valid between February 1 and February 28, 2014, and are subject to change without notice. All rights are reserved. Dealer may sell for less. Please see your participating Ontario Toyota Dealer for full details.

HONK IF YOU'RE TIRED OF HIBERNATING.

Our new 2014's are packed with features that are sure to warm you up.

INTRODUCING THE ALL-NEW 2014 COROLLA



Corolla S model shown.**

A COROLLA LIKE YOU'VE NEVER SEEN BEFORE.

2014 CAMRY



Camry SE model shown.**

NORTH AMERICA'S BEST-SELLING PASSENGER CAR.

2014 RAV4



2014 RAV4 AWD LIMITED model shown.**

YOUR FUN AND VERSATILE RIDE HAS ARRIVED.

2014 COROLLA CE MANUAL

ALL-IN LEASE \$89[†]@ 2.9% APR

semi-monthly for 60 months with \$1,100[†] Lease Assist applied. Includes freight and fees. HST extra.

zero DOWN

2014 CAMRY LE

ALL-IN LEASE

\$119[†]@ 0.9% APR

semi-monthly for 60 months with \$1,925 down payment. Includes freight and fees. HST extra.



Available in Hybrid.



Standard 6.1" Display Audio System with Backup Camera.

2014 RAV4 FWD LE

ALL-IN LEASE

\$129[†]@ 4.9% APR

semi-monthly for 60 months with \$3,375 down payment. Includes freight and fees. HST extra.

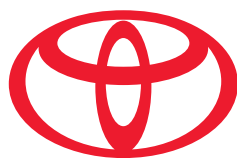


Available JBL® Display Audio System with Navigation.



Available Power Liftgate.

Your local Dealer may charge additional fees of up to \$1,103. Charges may vary by Dealer.⁰



**COMPETITION
TOYOTA**

www.comptoyota.com

519-451-3880

1208 Oxford St E, London

Limited time lease offers available from Toyota Financial Services on approved credit. **All-in price of a new 2014 Corolla S (Model BURSEMA)/2014 Camry SE (Model BF1FSTA)/2014 RAV4 AWD LTD (Model DFREVTA) is \$20,869/\$28,739/\$34,684. All-in price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Dealer may sell for less. †2.9%/0.9%/4.9% lease APR for 60/60/60 months on a new 2014 Corolla CE Manual (Model BURCEMA)/2014 Camry LE (Model BF1FLTA)/2014 RAV4 FWD LE (Model ZFREVT) with an all in price of \$17,549/\$25,454/\$25,694 equals a semi-monthly payment of \$89/\$119/\$129 for 120/120/120 payments with a \$0/\$1,925/\$3,375 down payment or trade equivalent, when you apply the \$1,100/\$0/\$0 Lease Assist. First monthly payment due at lease inception. Total lease obligation is \$10,670/\$16,132/\$18,682. All-in lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Dealer may lease for less. Based on a maximum of 100,000KM/100,000KM/100,000KM. Additional KM charge of \$0.07/\$0.10/\$0.10 for excess kilometres, if applicable. †\$1,100 Lease Assist on a new 2014 Corolla CE Manual is valid on Toyota retail delivery (excluding fleet sales) when leased from an Ontario Toyota dealership. Lease Assist includes tax and will be applied after taxes have been charged on the full amount of the negotiated price. Vehicles receiving Lease Assist must be purchased, registered and delivered between February 1 and February 28, 2014. QDealer Fees may be added and may be comprised of administration/documentation fees, VIN Etching, anti-theft products, cold weather packages or other fees. Fees may vary by Dealer. Offers are valid between February 1 and February 28, 2014, and are subject to change without notice. All rights are reserved. Dealer may sell for less. Please see your participating Ontario Toyota Dealer for full details.

Ward 14

Underdog talks jobs



Steven Hillier METRO

He's shrugged off paralysis and a heart attack, and now a London engineer-turned-baker is targeting city hall.

Steven Hillier, 48, is taking on Coun. Sandy White in Ward 14 and has a remarkable story to tell.

In 1998, a stack of pallets fell on him, and he spent months in hospital learning to walk again. He retrained as an engineer and now runs a bakery, selling treats at the Western Fair farmers' market.

Last year a heart attack slowed him down, but he's back to full health.

He admits he's an underdog in Ward 14, where Jared Zaifman was a close second to White in 2010 and is running again this year.

But he's determined to campaign for a better focus on bringing well-paid jobs to London.

"I had never thought of running before," he said. "It was not until I saw the choices that were being made by this council that I thought I should step up. I didn't see candidates stepping up with the same principles."

Those principles include working to attract good-quality jobs in sectors like manufacturing, instead of poorly paid ones in retail.

MIKE DONACHIE/METRO



Chalk up another one: The city clerk's office is maintaining this large dry-erase board with candidates' names to keep track of the running tally. One name has been crossed off because a candidate withdrew — Nathaniel Youskow is moving to Ottawa. MIKE DONACHIE/METRO

Dozens already vying for seat at city hall

Nearly double. Larger number of rivals could benefit incumbent city councillors, expert says



MIKE DONACHIE
mike.donachie@metronews.ca

The municipal election is still months away, but there seems to be no shortage of interest in grabbing a place at city hall.

Already, 38 people are running for council or mayor. The city clerk's office started accepting filings on Jan. 2.

If it seems like a lot of

people, that's because it is.

City clerk Cathy Saunders confirmed that Wednesday. At the same point in the run-up to the 2010 election, only 20 candidates had filed.

In 2010, there were 69 hopefuls in total. That either means London has more than half of this year's candidates in the race already, or this year there will be more.

Western University political science professor Andrew Sancton didn't want to speculate about why so many people are already taking part but did say a large number of people could change the outcome.

"The important thing is how serious the various can-

Why file early?

"I want everyone to know what I stand for and to get to know me."

Ward 14 candidate Steven Hillier, filed Jan. 2

didates are," he said. "Are they going to run serious campaigns?"

Having more than one serious challenge could benefit an incumbent candidate by splitting the vote against them.

The other alternative — that filings are coming earlier, rather than in greater numbers — could have a

"I wanted people in the community to know that I'll be running."

Ward 6 candidate Flavio Iannallice, filed Jan. 24

meaning, too, he said.

Political hopefuls could be sending a message to potential rivals.

"It could be that people are serious candidates, and they're showing people that they're running and they want other candidates to know this serious person has occupied the field," Sancton said.

London woman charged with committing a terrorist hoax

A London woman is facing charges following an anonymous national-security tip that was later determined to be a hoax.

RCMP say Darlton Graham worked with Majorie Chamberlain of Brantford on the scheme that led to charges of committing a terrorist hoax and public mischief. Cham-

berlain faces an additional charge of counselling an offence.

RCMP say Integrated National Security Enforcement Teams based in Toronto and Edmonton began investigating the terrorist hoax on Jan. 22. Police haven't revealed the nature of the hoax.

The pair are scheduled to

appear in court in London on March 18.

Insp. Lise Crouch says terrorist hoaxes are far from harmless pranks.

Crouch says investigating potential threats consumes significant resources and time for the police and other agencies that play a role in public safety. **THE CANADIAN PRESS**

Abandoned? Teen faces animal-cruelty charges

A 19-year-old St. Thomas woman faces cruelty charges after allegedly leaving a dog and two cats in an apartment for up to three weeks with no care.

Police were called to the apartment Monday after neighbours and the landlord expressed concerns.

They were met by the animals, all of which were in vari-

ous states of distress due to a lack of water and food, police said.

The animals were removed from the apartment by the OSP-CA and are expected to recover.

The woman involved was arrested and charged with one count of cruelty to animals.

She has since been released pending a future court date.

SCOTT TAYLOR/METRO

Labour. Fire arbitration costs questioned



John Hassan METRO FILE

The head of the London firefighter's union has a request for city council: Show him the money.

After council awarded the fire department half of the increase it requested for its 2014 budget — and with the city embroiled in a contract impasse with the union — London Professional Firefighters Association (LPFFA) president John Hassan wants to know what it all costs.

"How much has the city spent on its labour arbitration so far?" he asked. "I think it's a huge number that could instead go into front-line service."

Firefighters have been

without a contract since Dec. 31, 2010.

They want an increase of about 11 per cent over four years, while the city has said anything close to that is unsustainable.

A decision isn't expected until late this year at the earliest, but arbitrators have traditionally awarded increases closer to the union's ask than that of the city.

"There's no reason the public shouldn't know how much the city is spending on its labour fights with its unions," Hassan said.

City officials weren't available for comment Wednesday. **SCOTT TAYLOR/METRO**

St. Thomas. Residents spread good vibes

You may have noticed extra smiles and an extra bounce in people's steps Wednesday in St. Thomas.

The city marked its third annual Random Act of Kindness Day — celebrating all the niceties that can come from a little bit of compassion.

More than 5,000 cards were circulated through the community, each encouraging people to do something kind for someone else.

The tasks were simple: buying co-workers a cup of coffee, handing out cookies, carrying groceries for someone who needed help or making a special donation of unused items, like extra clothes or furniture, to a non-profit.

Once the deed had been dealt, people were encouraged to give their card to someone else with the intent of carrying on the spirit of giving. **METRO**

Western U

Expert to blow — or at least illuminate — your mind

A Western University expert is preparing to take London on a big journey into big work being done on a big topic.

Mark Daley, principal investigator at Western's Brain and Mind Institute, is the next presenter in the

school's Classes Without Quizzes lecture series.

Daley will take centre stage at 7 p.m. Thursday in the Stevenson Hunt Room at the central library (251 Dundas St.) to examine the pace at which neuroscientists are generating new information.

He'll also touch on the challenges in analyzing the data to make new discoveries about the brain and the treatment of brain disease. **METRO**



This crash on Highway 401 at Culloden Road was one of many that riddled area roads during the peak of Wednesday's snowstorm. COURTESY OPP

Collisions lead to chaos on Hwy. 401

Middlesex-London. Police, ambulances taxed as heavy snow halted traffic

SCOTT TAYLOR
scott.taylor@metronews.ca

Middlesex-London EMS crews worked non-stop Wednesday as heavy snow created mayhem on Highway 401.

Three massive pileups involving up to 50 vehicles occurred on a section of the highway west of Culloden

Road. It involved numerous cars and trucks and left many injured, said Middlesex-London EMS chief Neal Roberts.

He wasn't able to comment on the extent of injuries, but did say several people were taken to hospital.

Three extra units were brought on during the day to ensure other emergencies in the city and county could still be covered.

"Given the weather, it doesn't look like this will be resolved anytime soon," he said about the collisions Wednesday afternoon.

Those words proved to be

prophetic, as the highway remained closed for hours with first responders and a fleet of tow trucks working to remove people and their vehicles from the scene.

Some of those who didn't require hospitalization were taken to the Putnam weigh station for shelter and warmth.

The aftermath resembled a child's playroom with jack-knifed transport trucks and broken vehicles littering the road and ditches.

Farther east down the highway, Toronto-area OPP said they were responding to a call every minute late in the afternoon, and Lon-

What to expect

- City officials say Adelaide Street will be reduced to one lane in both directions just north of Cheapside Avenue on Thursday as crews work to repair a water-main break.
- The water main broke Wednesday.

don police Deputy Chief Brent Shea tweeted that he had been stopped dead in traffic close to Belleville for more than 90 minutes.

Jan. sales, listings down: Realtor group

The London-area housing market felt a chill in January.

Sales — coming in at 382 homes — were down nearly 13 per cent from the first month of 2013, according to the London and St. Thomas Association of Realtors (LSTAR). Listings for the month

were also down about six per cent with inventory up 2.2 per cent.

But, LSTAR president Jim Holody isn't all that concerned.

"The market fundamentals in our area are strong and we've got eleven months to

play catch-up and then some," he said.

"For savvy buyers who don't mind braving the cold and the snow, now is the time to enter the marketplace and buy a home ... when everyone else is waiting for things to warm up."

The average price of a detached home in January was \$262,632, up 0.4 per cent from December, while the average price of a condo dropped four per cent to \$169,450.

Two-storey homes sold the best in January, followed by bungalows. **METRO**

Voting law could affect city's most vulnerable

Fair Elections Act.

Proposed law will end practice of 'vouching' for voters



MIKE DONACHIE
mike.donachie@metronews.ca

Hundreds of people in London could be left without a vote by proposed new rules, a homelessness campaigner says.

Abe Oudshoorn, chair of the London Homeless Coalition, is calling on the federal government to rethink the Fair Elections Act.

One of its big changes, if it becomes law, will be ending the practice of "vouching," which helps people vote when they don't have government-issued identification. A registered voter can vouch for their enty when they vote.

"This is not OK," said Oudshoorn, who thinks it could affect hundreds in London and thousands across Canada.

It's not limited to homeless people. A lot of people who have had chaotic lives for one reason or another, and have lost their ID, could be affected.

The process of replacing ID can be long and costly, so sometimes vouching for their identity is the best option.

"It's always been a bit of a struggle for the people we work with in terms of voting," said Oudshoorn. "One of the challenges with a lot of people on the pathway into homelessness is they lose their identification and may change addresses a number of times."

So vouching for them makes sure they can exercise their democratic rights. There's no short of interest in politics from people who often rely on the government for support, Oudshoorn added.

He's calling on the government to think again and for politicians to weigh in on the issue.

Quoted

"It's even more disturbing to me when it's a segment of the population that will be disenfranchised."

Abe Oudshoorn, chair of the London Homeless Coalition on how ending vouching could especially affect the homeless



Abe Oudshoorn at London's monument to people who have died while homeless.

MIKE DONACHIE/METRO

Mayor leads discussion on high costs of homes at special event

Mayor Joe Fontana and 110 Londoners representing parts of the community came together Wednesday to discuss the housing crunch and its effect on London. The goal was to draw up a joint letter addressed to political policymakers.

The event was part of a Fed-

eration of Canadian Municipalities campaign on the issue. It's entitled Fixing Canada's Housing Crunch and asks the feds and all political parties to work together to deal with it.

The federation is calling for a long-term plan, involving politicians at all levels and the private sector, to address the

high cost of housing in Canada and to improve the predictability of future federal housing funding.

"Everyone needs and deserves a home they can afford," Fontana said in a statement. "Our community and our country need a strong housing strategy." **MIKE DONACHIE/METRO**

Crunch time

200,000

Number of Canadians at risk of losing their homes as 80 per cent of federal housing investments are about to expire



FASTER. FURTHER. SUPERIOR Wi-Fi.

GET SUPERIOR INTERNET WITH OUR NEW
ADVANCED Wi-Fi MODEM
THE FASTEST AND FURTHEST REACHING.¹

- Enjoy a consistently fast signal throughout your home – on the Rogers Hybrid Fibre Optic Network
- PC Magazine names Rogers "Fastest Internet Service Provider in Canada"²
- Rogers most popular hi-speed Internet products are independently tested to deliver 100% of our Internet speeds³



GET AN EXTRA
100GB
OF INTERNET DATA WHEN YOU
SWITCH TO A 3-PRODUCT BUNDLE

TV, INTERNET,
HOME PHONE
\$88⁴⁹/mo.
For 6 months.
\$118.54 for months 7-24
\$138.57 for months 24-36
Includes all monthly fees.

CALL 1 888 ROGERS1
CLICK rogers.com/WiFi
VISIT your local Rogers retail store

LIVE LIKE NEVER BEFORE™



Offer only available within Rogers cable service area (where technology permits) and subject to change without notice. ¹Offer available with eligible 3-product bundles. Bundle must include the following in-market services: (a) Internet (Express, Extreme or Extreme Plus tiers only with D3 or Advanced Wi-Fi modem) and TV (Digital Basic or higher); or (b) Internet (eligible tier) and Wireless (min. \$30 monthly service fee). Home Phone Essentials or higher required if selected as third service. *Taxes extra. An installation charge of \$49.99 and activation fee of \$14.95 also apply. Regular monthly rates (including modem rental) for each service will apply after 36-month promotional period and are subject to change. If NextBox rent to own option is not selected, regular NextBox rental rates will also apply after 36 months. Package includes Digital Plus TV (including NextBox 3.0 HD PVR rental), Extreme tier Internet (including modem rental) and Home Phone Deluxe. TV portion includes monthly Digital Service Fee of \$2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 0.5% of the recurring TV monthly service fee. Home Phone portion includes \$0.19 Message Relay Service Fee and \$0.53 NB Government 9-1-1 Fee. Long distance and additional features extra. ²Based on September 2013 study from Allion Engineering Services USA comparing in-home Wi-Fi modems offered by major ISPs within Rogers cable footprint. Speed may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. ³According to a report by PCMag.com published on September 18, 2013. Refer to www.pcmag.com/article2/0,2817,2424462,00.asp for more info. ⁴Certified by SamKnows Limited as of August 2013. Available on the following packages (download x upload): Lite (6 Mbps x 0.256 Mbps), Express (25 Mbps x 2 Mbps), Extreme (35 Mbps x 3 Mbps), Extreme (Atlantic only) (30 Mbps x 10 Mbps), Extreme Plus (45 Mbps x 4 Mbps) and Ultimate (150 Mbps x 10 Mbps). ©2014 Rogers Communications.

Families campaigning for school

Summerside. Youth numbers don't justify a new facility, says school board, but residents are tired of having their children bussed out of the area



MIKE

DONACHIE

mike.donachie@metronews.ca

That's some catch, that catch 22.

Families in Summerside want a school, but they've been told there aren't enough children. But new families aren't moving to the area, residents say, because there isn't a school.

Now there's a campaign underway to persuade the Thames Valley District School Board to build one on a site set aside on Meadowgate Boulevard.

Coun. Sandy White is asking southeast London residents to show support at a city-school board liaison committee meeting at the school board offices (1250 Dundas St.) at noon on Feb. 20.

"Many residents are leaving

the Summerside community in search of an area that has a school and more services," said Allison Martin, who is president of Summerside Optimists and has lived in the area for six years.

There is a French Catholic elementary school and a French high school, she said, but English-speaking kids are divided between three schools elsewhere.

It's a question of numbers, said the school board's Kevin Bushell. The province won't fund a school until there are at least 400 students in the immediate area.

Nobody seems to know exactly how many kids Summerside has — it depends where the line is drawn, and how many families would change schools — but White insists they're close.

Planned building projects could take them over the line, she said.

"Families are leaving because their kids are bussed out of the area," said White. "It worries people a lot."

And it's about more than education, Martin believes.

"Schools are so central to a community," she said. "In our neighbourhood there are so few opportunities to connect."



École secondaire Gabriel-Dumont, in Summerside, is the area's French-language high school. Residents say they want a new school built for English-speaking students on Meadowgate Boulevard. SCOTT TAYLOR/METRO

Hudak still eyeing labour-law reform despite purported dissent



Ontario Progressive Conservative Leader Tim Hudak works the stage during the party's fall policy convention. A leaked tape from the convention calls party support for Hudak's "right-to-work" legislation into question, Liberals say. TORSTAR NEWS SERVICE FILE

Progressive Conservative Leader Tim Hudak is sticking to his guns when it comes to changing the province's labour laws around unions.

As Liberals claimed many Tories oppose the idea of making union membership optional, Hudak said he plans to move ahead.

But Hudak no longer uses the words "right-to-work" to describe his plan. Instead, he said, a Tory government would make labour laws more flexible to try to stem the flow of job losses, especially in the province's once-mighty manufacturing sector.

"The problem we have in Ontario is we're winning the race to the bottom," he said. "Those that used to work at Caterpillar or Kellogg's or Heinz, John Deere in Niagara, their wages have gone down to zero. Those jobs have all gone across the border."

Ontario lost hundreds of thousands of good-paying jobs under the Liberals, he said, in-

cluding two out of five manufacturing jobs.

"I'm tired of other countries and states eating our lunch and taking away our manufacturing jobs," said Hudak. "We need to modernize our laws so we can give more opportunity to young people in this province, and to grow businesses."

The Liberals have been holding news conferences to gleefully point out apparent dissension in the Conservative ranks over the right-to-work initiative.

The Grits also released a leaked audio tape from the PC's fall policy convention. In the tape, a veteran Tory was applauded by delegates when he warned the party could be "screwed" in the expected spring election by "right-to-work" policies.

Several Conservative MPPs voted against a 1997 bill that would have made payment of union dues optional, a Liberal backbencher said.

THE CANADIAN PRESS

St. Joseph's. Patients wanted for diabetes trial

A medical trial starting in London is testing a potential magic bullet to combat diabetes and the often-deadly complications of heart disease.

St. Joseph's Health Care London is one of 29 Canadian sites — and about 1,200 around the world — taking part in the study, dubbed Declare.

The trial is testing dapagliflozin as a new tool to lower blood sugar in Type 2 diabetes patients.

"Currently there is only one

drug available, Metformin, for those with Type 2 diabetes that has been found to be good for both diabetes and heart disease," said Dr. Irene Hramiak, an endocrinologist at St. Joe's. "But you can't just use one drug forever. Diabetes is a progressive disease so we have to keep adding treatment."

Hramiak is looking for 25 patients with Type 2 diabetes, all over the age of 40 and at risk for heart problems, interested in participating. METRO

Funding

Up to \$1M vowed for Community Vitality program

The London Community Foundation is upping the ante on grants for projects that tackle some of the most pressing issues in the city.

Foundation leaders have pledged up to \$1 million to its Community Vitality program. That's double the

amount spread across three projects in 2013.

The program aims to better the community by investing in game-changing initiatives in areas ranging from poverty to mental health.

A March 20 workshop is planned at Goodwill Industries to give potential applicants more information. The application deadline is May 6.

Visit lcf.on for more info.

METRO

Vets. Medical discharges lead to 'area of unfairness'

Some Canadian soldiers given medical discharges find they don't qualify for benefits because Veterans Affairs uses different, more stringent criteria in an "unfair" process, the military ombudsman told a Senate committee Wednesday.

Pierre Daigle, whose term ends in a few weeks, testified many ex-soldiers have to fight to prove the conditions that made them ineligible to serve are a result of their service.

Once released, Veterans Affairs demands the ill and injured be subject to a separate assessment above and beyond

whatever examination has been conducted at National Defence. For veterans, it can be a bureaucratic conundrum that often leads to a denial of benefits and a lengthy appeals process.

"This is an area of unfairness which needs to be looked at," Daigle said.

Daigle said he has heard from former members directly, even though his mandate doesn't extend to Veterans Affairs, and told senators one individual described the process "as the equivalent of being pushed off a cliff." **THE CANADIAN PRESS**

Arturo. Polar bear unlikely to make move to Winnipeg

Winnipeg's Assiniboine Park Zoo says a polar bear living in an Argentinian zoo will probably have to stay there.

People have been protesting the treatment of Arturo, a polar bear at the Mendoza Zoo. With temperatures drastically warmer than what a polar bear is used to, and a lack of quality facilities for the bear, protesters say the bear is not doing well.

The Assiniboine Park Conservancy has been in talks with the zoo to get Arturo transferred to the Assiniboine Park Zoo, but the APC said Wednesday it's unlikely to happen.



Arturo the polar bear will likely have to stay in Argentina, where protesters say he's being mistreated. HANDOUT

"It does not appear that a Canadian import permit can be issued for Arturo," the APC said in a statement.

ELISHA DACEY/METRO IN WINNIPEG

CN, union reach deal, avert strike

Keeping it rail. The federal government said it was prepared to force striking workers to go back on the job

The federal government had said it was prepared to intervene and force CN workers back on the job should they go ahead with a walkout, which could have come as early as Saturday morning.

Leitch said that a strike at Canada's largest railway would hurt farmers and the forestry sector.

Saskatchewan Premier Brad Wall had called on Ottawa to step in before a strike even began.

In a letter to Transport Minister Lisa Raitt, Wall said a strike would be unacceptable at a time when farmers are already having trouble moving a bumper crop of grain.

"Our agricultural producers deserve better than to be held hostage by one organization at a time when there is already tremendous frustration with the rail system's failure to serve their needs adequately," the premier wrote.

CN congratulated the union for averting a possible strike.

"This will ensure continued service to our customers in a very challenging environment where extreme winter conditions have hampered CN operations and affected service levels," said Jim Vena, CN's executive vice-president and chief operating officer.

"CN has offered to work closely with the union leadership to explain the terms of the agreement to union members over the next 45 days to help ensure a successful ratification of the agreement," Vena said in a statement.

THE CANADIAN PRESS

CN Rail and the Teamsters union have reached a tentative contract agreement, averting a potential strike by 3,000 workers that could have come as early as this weekend.

Both sides said late Wednesday that details of the three-year contract won't be released until it is ratified by union members.

Teamsters spokesman Stephane Lacroix described the negotiations as a "bit chaotic," but said CN came to the union with a series of proposals late in the day.

"As a result, we're very happy to avoid a strike this weekend," Lacroix said, adding he hopes union members will ratify the agreement this time.

Lacroix noted that Labour Minister Kellie Leitch's announcement that Ottawa was preparing back-to-work legislation in the event of a strike likely helped move things along.

He said union members will soon get to see the agreement and likely vote on it in the coming weeks.

The union's strike notice came days after Teamster members, representing conductors, train employees and yard workers, rejected a tentative contract reached last fall with CN.



Drawing a line between Boston bombing and Sochi security

Russian President Vladimir Putin signs a wall while visiting the Coastal Cluster Olympic Village ahead of the Sochi 2014 Winter Olympics on Wednesday in Sochi, Russia. Putin said Wednesday that the Boston Marathon bombings are a big reason for the intense security around the Winter Olympics that kick off this week in his country. The Chechen brothers accused of the 2013 Boston attacks hailed from just a few hundred kilometres away from the Olympic sites at Sochi. "In the U.S., people died at a marathon, during the G8 there were terrorist acts in the London subway," Putin said, according to Russian news agencies. ALEXEI NIKOLSKY/RIA-NOVOSTI/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

Four face drug charges as police probe Hoffman's death

Four people were taken into custody on drug charges after police investigating Philip Seymour Hoffman's death executed search warrants, two people with knowledge of the investigation said Wednesday.

The medical examiner's office said more tests are needed to determine what killed the Oscar-winning actor.

Police believe Hoffman may have died from a drug overdose, though his death is being investigated as suspicious pending a more definitive ruling by the medical examiner.

Hoffman was found dead Sunday with a needle in his arm. Tests found heroin in samples from at least 50 packets in his apartment, law enforcement officials have said.

The four people were taken into custody Tuesday night after police executed search warrants at several apartments based on a tip that they may have supplied Hoffman with drugs, according to people with knowledge of the investigation.

Police say heroin and marijuana were found in three apartments in a Manhattan building. The four suspects, three of whom live in the building, face charges of criminal possession of a controlled substance.

Police have launched an intensive effort to determine the source of drugs in Hoffman's apparent overdose, even though courts have found that under state law, drug dealers can't be held liable for customers' deaths. **THE ASSOCIATED PRESS**



What do you think about exercise?

Tell us what really happens with exercise



Your participation is welcome if you are:

- A healthy adult between the ages of 35 and 65
- NOT currently exercising

A \$20 grocery store gift card for study participation will be provided



For more information or to sign up please contact
thoughtsonexercise@gmail.com (519) 661-3211 ext 6

PRINCIPAL INVESTIGATOR: Dr. Craig Hall

Economy. Tories' budget may lead to short-term gain but long-term pain: NDP

The New Democrats say the governing Conservatives' rush to balance the books could delay the economic recovery from the recession.

NDP finance critic Peggy Nash says cuts and austerity measures risk slowing the economy and maintaining higher unemployment, or even increasing it.

She says her party wants to balance the books as quickly as possible, but not at the risk of putting the brakes on the economy.

Nash says the NDP have some inexpensive ideas for next week's budget, including reversing the controversial cuts to Veterans Affairs from the previous budget.

They also want the government to cap ATM and credit-card fees, saying consumers shouldn't have to pay two or



NDP finance critic Peggy Nash
THE CANADIAN PRESS

three dollars to withdraw their own money from bank machines.

The New Democrats are also asking for measures they say will create jobs, such as providing a \$1,000 tax credit to small businesses to offset the costs of hiring a new worker, at a cost of about \$113 million.

THE CANADIAN PRESS

Unsportsmanlike conduct? North Face hit with lawsuit over Villagewear Collection

The Canadian Olympic Committee has launched a lawsuit targeting the North Face clothing brand over allegations one of the company's apparel lines violates Olympic trademarks.

The B.C. Supreme Court lawsuit alleges a North Face clothing line named the Villagewear Collection and associated marketing were designed to give consumers the false impression that North Face was an Olympic sponsor.

A statement of claim says items were marketed with the words Sochi and Olympics and some included the label RU/14, which the lawsuit says was an obvious reference to the 2014

Trademark tiff

2.7.14

The statement of claim also says some North Face items featured "2.7.14," an apparent reference to the date of this week's opening ceremonies.

Olympics in Russia.

The Canadian Olympic Committee says in the court document that it warned North Face repeatedly to stop, and while the company rebranded the line the International Collection, it otherwise did not comply with the committee's demands. THE CANADIAN PRESS

Market Minute

DOLLAR
90.25¢ (+0.01¢)

TSX
13,559.69 (+55.21)

OIL
\$97.38 US (+\$0.19)

GOLD
\$1,256.90 US (+\$5.70)

Natural gas: \$5.14 US (-\$0.14)
Dow Jones: 15,440.23 (-5.01)

Community input

Feds to tighten cell-tower rules

Ottawa says it is tightening laws governing construction and placement of new cellular antenna towers to require consultation with communities on all commercial installations, regardless of height.

The changes update the government's 2008 policy that mandated consultation only when companies planned a tower taller than 15 metres.

TORSTAR NEWS SERVICE



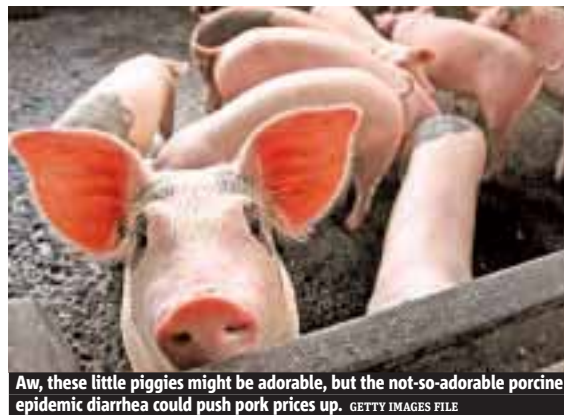
Hands-off approach to learning about world's oldest profession

In this photo taken Tuesday a hologram of a beckoning prostitute is shown at the entrance of the "Red Light Secrets" museum in Amsterdam. On any given evening, thousands of tourists stroll down the narrow streets of Amsterdam's famed Red Light District, gawking at ladies in lingerie who work behind windows, making a living selling sex for money. Now a small educational museum is opening in the heart of the district that aims to show reality from the other side of the glass. Organizer Melcher de Wind says the Red Light Secrets museum is for those who want to learn more about how the area works without actually visiting a prostitute. EVERETT COLLECTION/GETTY IMAGES

Time to hog pork?

Oink, oink. No need to be a pig by hoarding bacon, but the price of your fav cut of meat may rise slightly due to virus sweeping North America

SCOTT TAYLOR
scott.taylor@metronews.ca



Aw, these little piggies might be adorable, but the not-so-adorable porcine epidemic diarrhea could push pork prices up. GETTY IMAGES FILE

The virus that's rippling its way across Ontario pig farms could hit pork lovers' pocketbooks if the spread continues.

While no one's forecasting a blockbuster spike in bacon prices anytime soon, each new case of the ever-so-charmingly-named porcine epidemic diarrhea pushes the chances one step closer.

Prices have already seen a bit of a nudge thanks to the virus's spread in the U.S., which has been battling the bug since the spring. There, more than 2,600 cases of the virus have been confirmed in 23 states, according to the latest data from the American Association of Swine Veterinarians.

"Their herd has been reduced quite a bit by it, so the supply down there has lowered and that's driven the price up on the futures," said Middlesex County hog farmer Jim Denys.

"It all depends on how it plays out in Ontario, whether we can contain it to the sites we have now or if it blows up like it did in the U.S."

"If it does, it may affect the price further."

By June, bacon in urban U.S. supermarkets had jumped to nearly \$5 a pound, about 15

per cent higher than the same time in 2012, according to government data. End-of-year data shows a 20 per cent price jump per pound, although some of that can be attributed to the bacon craze that swept North America in 2013, sources have said.

Canada's situation was beginning to look more dire Wednesday with two new confirmed cases. It pushes the total to seven Ontario farms, plus three at sites including a processing plant and a truck-

Local cut

People like Voula Sakellis, owner of Ribs Royale, are begging people not to let porcine epidemic diarrhea quell their passion for pork.

- Bacon, ribs and anything else cut from a hog remains perfectly safe to eat, she stressed.

loading facility.

Ontario Pork spokeswoman Mary Jane Quinn said the virus could end up costing the Canadian pork industry up to \$45 million if it spreads as it has in the U.S.

But, she said, it's important to keep a level head because domestic prices won't increase overnight.

"We do get a lot of American pork coming into the country. I suspect there will be a bit of an increase there," she said, "but in terms of domestic Canadian pork, I don't think you'll see any change (soon)."

"You have to give it quite a few cycles. I don't think you'll see it for a few months."

**RRSP
doesn't
have to be
a four-letter
word.**

Relax. We[†] can help.

**Call 1 866 747 8129,
visit pcfinancial.ca/rrsp,
or drop by an in-store pavilion¹ today.**

¹ Visit pcf.pavilionlocation.com to find your nearest pavilion location.

®/TM PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. CIBC is a licensee of the marks.

[†] President's Choice Financial personal banking services are provided by the direct banking division of CIBC. Banking services are not available in Quebec.

President's Choice
FINANCIAL. 

That's just good banking.

HEEL EDGE OF TECH DEFENDS EBOOKS

I'm not really on the cutting edge when it comes to technology. I've spent a lot of my life living in the past (also known as New Brunswick), so I'm more like the back part of the knife that you push on when you're slicing.

Google tells me that part is called the spine, which still gives me too much credit, society-wise. The middle part is the heel. That seems about right.

I am on the cutting heel of technology.

So when I say that I believe ebooks are far superior to regular books and will one day replace them, don't take it as a bold pronouncement of Things to Come. Take it as a sign that smarter people than me have likely been saying it for years, and now that it's occurred to me it must be more mainstream than Leno.

Until recently I was among those who felt that paper books were unquestionably superior. Ebooks weren't great when



HE SAYS

John Mazerolle

metronews.ca

they first hit the market, which gave us traditionalists cover as we pointed out that the battery or lights or selection or cost weren't very good.

It was like we looked at the Wright brothers' rickety plane at Kitty Hawk and scoffed: "No way that thing is going to get 350 passengers from Vancouver to Hong Kong on an overnight flight. What were they thinking?"

But now that ebooks have long-life batteries, easy-to-read screens, excellent selection and good prices, people in the pro-book camp have resorted to a couple of paperweight arguments.

The first, from people who have not tried ebooks on principle, usually involves what might go wrong — like deleting a book or running out of power. These problems are so unlikely that it's like saying a horse is preferable to a car because horses never accidentally deploy their airbags.

The second, more popular argument is that there's "just

something" about books. The smell, the feel, the heft, the look. We are judging the book by its cover, and we'll caress it and smell it like it's Ryan Gosling or Scarlett Johansson, thank you very much. All well and good, except there is nothing intrinsically pleasant about the feel or smell of a book. I like those sensations too but it's only because I associate them with book reading and therefore feel positively about them. If it was all about heft we should just carry around five-pound Ps and Qs. "Don't mind these, they're fun to lift." (Besides, my e-reader has a cover that smells just fine.)

Paper books aren't going anywhere, any more than globes and vinyl records are, and all reading is good. But I think books will become curios and hobby pieces while ebooks will dominate the mainstream completely.

I've thought of starting a business that sells blank paper books (one per household) so families will still have something to grope and sniff as they read, but I'm sure someone else has already thought of it. So said the heel.

I suppose I could take a page out of their book but, well, you know.

ZOOM

Don't have a cow, man — have two



ALL PHOTOS 2014 SONY WORLD PHOTOGRAPHY AWARDS

Cattle race carnage gets a photo finish

Yongsheng Zheng's photograph gives us a glimpse into Indonesia's adrenaline-fuelled festival of Pacu Jawi (cow racing).

The annual event sees brave jockeys grab the tails of a pair of cows and skate across muddy rice fields barefoot while balancing on a wooden plank.

The Minangkabau people of West Sumatra have been marking the event for 400 years to celebrate the yearly end of the rice harvest season.

Zheng's photo made the World Photography Organisation's shortlist of the 2014 Sony World Photography Awards.

Pictured to the right are a few more of the nominees.

METRO



Sophie Gamand's Wet Dog is a series of portraits of dogs in mid-bath, photographed half a second before they shake their fur.



Louise Porter submitted this photograph of young men from the Kara tribe in Ethiopia.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Did you know that there are people in Sochi aside from reporters cracking wise about a half-finished insta-city? There are athletes there too, and they seem much happier to be there. Follow these Canadians on Instagram to see for yourself.



CONTRIBUTED

Charles Hamelin:

A three-time medallist short-track speedskater who also happens to excel at the Maniacal Selfie In A Crowd event. He even got close enough to snap a photo of Vladimir Putin joining a Japanese athlete for a dining hall selfie. The caption calls him Vladimir Poutine. A genuine mistake or a potentially dangerous gag? Charles Hamelin: Enigma. (/charleshamelin)

Travis Gerrits:

A freestyle skier boasting a silver medal from the 2013 FIS World Championships, Gerrits represents

Canada in one of the Games' most photogenic sports. And if soaring skiers frozen in time doesn't sound like your kind of thing, he also has a very handsome dog. (/travisgerrits)

Canadian Olympic Team:

Since things have yet to officially kick off, the official feed is a patriotic mix of athletes looking chuffed in shiny new Olympic merchandise or athletes looking chuffed after success in Vancouver. But once the festivities are on, it'll be hard to beat the access. (/cdnolympicteam)

Twitter



THE ASSOCIATED PRESS

A petition has been started to remove a lifelike sculpture of a man in his underwear from a woman's college campus in the U.S. Should Sleepwalker stay or go?

@PorcelainTear I can understand why that such statue would cause a stir. It looks very real & somewhat disturbing for that reason

Comments

RE: How Far Would You Go For Free Breast Implants? Published online Feb. 5, 2014

If you have left over money, please donate to sick and starving kids around the world, not for shallow people who only care for their look.

Kim, posted to metronews.ca

"I would feel more confident" — for a month or two, that is, until you find something else about your body that makes you insecure.

Al_Gee, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

The politics of dancing

It's a party and it's political. A Tribe Called Red's Bear Witness talks music, art and indigenous rights



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

These guys just want you to party. And, while you're doing it, maybe you'll start thinking a bit about indigenous rights, too.

A Tribe Called Red (Bear Witness, DJ NDN and DJ Shub) is coming to London on Feb. 6 with its unique and hugely successful fusion of electronic and traditional powwow music.

Their first two albums (self-titled and *Nation II Nation*) were respectively long and short listed for the Polaris Music Prize in 2012 and 2013. And just a few days ago, they were nominated for two Juno Awards — breakthrough group of the year and best electronic album of the year.

Their project was born out of an idea to have an electric powwow night directed at urban Native youth while showcasing themselves as DJs in Ottawa.

"The first time was really a live mash-up we put together at a rehearsal session, starting off with a powwow song, and the beat fit right in with dubstep instrumental," laughs Bear.

There seemed to be a need for the music among indigenous youth, and to their surprise, a non-indigenous public embraced it as well.

"If non-indigenous people can come and feel the same excitement and energy from the music, it's an understanding



A Tribe Called Red's Bear Witness, DJ Shub and DJ NDN. CONTRIBUTED

Art as politics

"Art is a political mechanism. People who haven't had a voice or who have been silenced in the past can get their messages heard through the arts. We took it beyond the arts environment, and brought it to the club environment."

Bear Witness, A Tribe Called Red

we have begun to have," Bear says. "We can have non-verbal understandings of each other then we can begin to have conversations ... conversations between Canada and the indigenous nations."

Their popularity growing, A Tribe Called Red soon found the soundtrack for the *Idle No More* movement.

"We started getting a flood

of messages from people saying they were playing our music at protests, and asking for a song for the movement," Bear says.

So they released *The Road*, inspired by the hunger strike of Attawapiskat Chief Theresa Spence.

The group didn't start out with political intentions. In fact, Bear got involved in electronic music and rave culture to get away from serious activ-

ism and have a good time.

"I was raised in a heavily politicized environment, and I was burned out by my late teens," he says. "But then I realized being political doesn't just happen within these certain environments. I noticed other groups with political messages woven into their music and brought into party and club situations."

One of the biggest issues

Around town

- **Tunes.** After Funk is holding a CD release party with Marcellus Wallace and Gypsy Ghosts on Saturday at 9 p.m. at Call The Office (216 York St.) for \$10.
- **It'll be love-ly.** Artfusion presents a Valentine's Day arts and crafts fair on Saturday from noon to 5 p.m. at Artfusion Gallery in Citi Plaza.

Bear wants to tackle is the representation of indigenous people. "We are finally beginning to have more control about how we are depicted in the media," he said. "Simple things, like us smiling and laughing in photos."

A Tribe Called Red plays Hideaway Records and Bar (545 Richmond St.) on Feb. 6. Doors open at 7 p.m. and admission is \$10.

2 SCENE

visit **metronews.ca**



Clay Aiken. ALL PHOTOS GETTY IMAGES

American Idol runner-up Clay Aiken puts career on hold to run for Congress

Former American Idol runner-up Clay Aiken is running for Congress in North Carolina.

Aiken said Wednesday he'll seek the Democratic nomination for the seat currently held by Rep. Renee Ellmers.

The 35-year-old Aiken has been a special education teacher in Wake County. He

says he decided to put his entertainment career on hold and seek to represent the state's 2nd Congressional District.

He says he considers Washington to be dysfunctional and will focus on jobs and the economy, as well as the importance of education.

THE ASSOCIATED PRESS

Cher skips wedding over feud with son Elijah

Cher's ongoing feud with her son, Elijah Blue, and his new wife, Angie King, shows no sign of abating and recently resulted in Cher missing their wedding and excluding them from family holiday activities, Blue tells the National Enquirer.

"I've always been the black sheep of my family. We have lots of ups and downs, and now isn't the best time," says Blue, who married King in early December. "It's like a Mexican standoff, but we have a history."

The latest spat apparently results from an October falling out between Cher and her new daughter-in-law that



Cher

prompted the Burlesque star to kick the pair out of her Malibu home, where they'd been staying. "You've got two strong women, two big bulls in the pen," Blue says. "I think there's a respect and I think they butt heads."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Selena sneaks off to rehab — for 'emotional issues'

Selena Gomez reportedly snuck away for a two-week stay at an Arizona rehab facility, though her rep insists to Radar Online it was for emotional issues.

"Selena voluntarily spent time at (Dawn at the) Meadows, but not for substance abuse," her rep says, though other sources insist the former Disney star has been

"partying very hard" in the months leading up to her secret stay.

"With fame came a partying lifestyle," says a source, while another adds that ex-boyfriend Justin Bieber probably wasn't helping matters.

"Selena came to understand just what a bad influence Justin had been on her life," the second source says. "I don't know whether Justin pushed her to drug use, but amongst their close-knit group of friends, smoking was commonplace. Justin and Selena would smoke marijuana together regularly."

METRO WORLD NEWS



Charlize Theron

Charlize contemplating marriage with new beau Sean Penn

Things are apparently moving pretty fast for new couple Charlize Theron and Sean Penn, as Penn has reportedly already moved into Theron's home and is contemplating matrimony, according to Radar Online.

"The two began talking about marriage in the last few weeks, after Sean moved into Charlize's house," a

source says. "She has never wanted to get married, but seeing how Sean interacts with (her son) Jackson, she is having a change of heart."

"For the longest time, Charlize thought it was just going to be her and Jackson, and she was OK with that. For her to now be talking about getting married is a huge departure for Charlize."

Twitter



@TheRock

They sleep. We grind. #NoSnoozeButtonDammit



@ElizabethBanks

I promised you immaturity on @TheDailyShow, and I believe I delivered.



@SaraKSilverman

When I search "Basketball sneakers, women" on @Amazon all that comes up is a high-heel sneaker wedge

INDULGE IN
beauty

Super
SPEND
YOUR POINTS
EVENT!

SPEND
40,000 POINTS
AND GET UP TO
\$90 OFF*

THAT'S
AN EXTRA
\$27

SPEND
80,000 POINTS
AND GET UP TO
\$200 OFF*

THAT'S
AN EXTRA
\$64

SATURDAY, FEBRUARY 8 TO
MONDAY, FEBRUARY 10

FREE
feels good



Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. See store for details. Offer valid February 8 to February 10, 2014 only.

SHOPPERS
DRUG MART

Beckham gets a kick out of the fashion business

Let's talk about Becks.

Whether you know him for his athletic skill or naked torso doesn't really matter at this point. David Beckham's empire is growing and no one is going to bring him (or his boxer briefs) down

Everybody knows who David Beckham is, either from his career as a football star or as the fashion icon and trendsetter he has become.

Metro Sweden's fashion editor Martin Hansson met David Beckham in New York to talk about the new collaboration with the Swedish fashion giant that premiered during the Super bowl weekend.

What has it been like to go from football player to a fashion icon?

I have always been very interested in clothes and style.

One day I love wearing a really tailored suit and the next day I like wearing what I'm wearing today: a pair of casual jeans and a sweater.

The opportunity to, in collaboration with H & M, produce an underwear collection that reflects my personal style feels natural and in tune with the times.



I dare you to deny that this man makes undies look good.

METRO WORLD NEWS

Your new collection, David Beckham for H & M, has been increased and is now

aimed at younger boys as well. What message would you like to send to them?

Family first

Victoria loves the pictures and just thinks it's fun. But my sons like the exposure most of all and think it's great to see their daddy everywhere.

David Beckham on H&M campaign

I would like to tell them to go for their passion, work hard and stay focussed. I have always given 100 per cent in everything I do, both in football and in fashion. If you work hard enough and have fun at the same time there is a chance that you'll reach your dreams.

How does your wife Vic-

toria feel about seeing you half naked on billboards and on TV all over the world?

(Laughs) Victoria loves the pictures and just thinks it's fun. But my sons like the exposure most of all and think it's great to see their daddy everywhere. I often wear the clothes from the new collection at home so they recognize it.

If you could look into your future, what do you hope to see?

I want to continue working with all that I'm doing today but also with new projects. Because I've played football the past 22 years it is refreshing to do something completely different now.

Get to know David

THE FACTS

Name: David Beckham

Age: 38

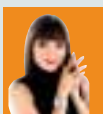
In the news: Has designed a new collection for H & M and is seen in a large campaign that premiered at the Super Bowl this weekend.

Lives: In Notting Hill, London

Family: Married to Victoria Beckham, four children.



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



With my gorgeous makeup artist Kris Wares @Chanel who always makes me feel soooooo good! Prepping for @Cafawards #FUN



Moved to be celebrated in my own backyard! Thanks to my Canadian fashion family—for all your passion. @Cafawards

Canadian street style

Spotted in: Toronto

Name: Heather

Age: 29

Occupation: Freelance writer

What she's wearing: H&M scarf, Top Shop jacket, Gap

shirt, BDG pants, LK Berlin bag and Top Shop shoes.

Her inspiration: The weather!

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!



3
THE

HOW TO SHOP FOR French Wines

LESSON 1: BY VARIETAL

VARIETAL SIMPLY MEANS GRAPE, LIKE PINOT NOIR OR SYRAH. LOOK FOR IT ON THE LABEL!

C'est La Vie!
Pinot Noir-Syrah
166934 750mL
Reg \$11.95 Now \$10.95
SAVE \$1.00



Get the recipe or visit
lcbo.com/burger

SAVE
\$1.00



Featured products available at many LCBO stores. Price subject to change without notice. Price offers in effect until March 2, 2014.

Rich Oysters Rockefeller goes First Nations

TOTAL
COOKING
ABOUT 20
MINUTES



This recipe makes 12 oysters (two to six servings, depending on how large they are and much your guests like oysters). TRACEY KUSIEWICZ OF FOODIE PHOTOGRAPHY (FOODIEPHOTOGRAPHY.COM)

Cookbook of the Week

Native eats for the 21st century



Full of healthy North American fare, *Modern Native Feasts* by Andrew George Jr. updates tradition for the 21st century. Native American cuisine comes of age in this collection that reinterprets and updates traditional Native recipes with modern, healthy twists. Andrew George Jr. was head chef for aboriginal foods at the 2010 Winter Olympics in Vancouver. **METRO**

1. Preheat broiler to high.

2. In frying pan, melt butter and sauté celery, onions, garlic, parsley, greens, and dash of Pernod. Stir constantly for about 3 minutes. Remove from heat.

3. In a blender, combine greens mixture with bread and process for about 30 seconds. Using an oyster knife, twist open shells and remove oysters. In a large bowl, toss oysters with 1 tbsp Pernod. Drain oysters and reserve liquid. Remove any shell fragments. Discard top shells, clean and dry bottom shells.

4. Line a baking tray with rock salt and place oyster shells on top. Place 1 oyster into each shell and spoon reserved liquid onto each. Spoon crumb mixture on top, completely covering each oyster. Broil for 1-2 minutes, until topping bubbles. Arrange oysters on a serving dish and garnish with sprigs of parsley and lemon wedges. Season oysters to taste with salt and/or Tabasco sauce.

RECIPE EXCERPTED FROM *MODERN NATIVE FEASTS: HEALTHY, INNOVATIVE, SUS-*

Ingredients

- 1/4 cup (60 ml) unsalted butter
- 1 celery stalk, finely sliced
- 2 green onions, finely sliced
- 1 garlic clove, finely minced
- 1 tbsp finely chopped parsley
- 1 cup (250 ml) finely chopped stinging nettles, dandelion greens, or sorrel leaves
- dash Pernod, or other anise-flavoured liqueur
- 2 slices fresh white bread, crusts removed, torn into pieces
- 12 fresh oysters in shell
- 1 tbsp Pernod
- rock salt, for serving
- 12 lemon wedges, to garnish
- 12 parsley sprigs, to garnish
- salt, to taste
- Tabasco sauce, to taste

FLASH FOOD



From your fridge
to your table in
30 minutes or less

TAINABLE CUISINE BY ANDREW GEORGE JR. (PUBLISHED BY ARSENAL PULP PRESS, 2013).

Modern twist on an ancient art

Rediscovering tie-dye.
Designer collections embrace the hand-crafted beauty of Japanese shibori

From tablecloths, duvet covers and iPhone cases to wallpaper and startling calf-skin wall hangings, the ancient Japanese resist-dyeing technique of shibori has gone mainstream. Vera Wang, Ralph Lauren, Eileen Fisher, Levi's and innumerable fibre artists are breathing new life into the craft.

"The stillness and beauty of it really centres me," said Oriana DiNella, who recently launched her own web-based shibori line, including linen tableware, pillows, throws and large leather wall hangings, all made to order and hand-dyed in organic indigo.

"It feels like a rebellion against the fashion movement, where everything seems so fast and disposable," the New York-based designer explained.

Today's incarnations are as different from their early Japanese predecessors as they are from the wild, tie-dyed pieces that became emblematic of the '60s and '70s.

There's a sense of timelessness and calm to the modern shibori pieces, and also a renewed focus on workmanship and functionality.

"I love the bleeds, the fluidity of it. I love how the light shades of indigo can be so pale and watery and the navies can be such a deep, deep blue," DiNella said.

Brooklyn designer Rebecca Atwood uses modern fibre-reactive dyes for her Blauvelt Collection, which includes pillows and pouch-

es. And home-design purveyor Eskayel is creating the look of shibori patterns using ink, water and water-colours, followed by digital printing techniques.

"We have wallpaper, rugs, fabric, pillows, baskets, iPhone cases, stationery, prints and wall hangings. Oh, and poufs," said founder and creative director Shanan Campanero, when asked about the company's shibori-inspired offerings.

Compared to the tie-dyes of a generation ago, she said, today's shibori-inspired works feature patterns that are more careful, deliberate and traditional.

Vera Wang's collection is centred on bedding, while Ralph Lauren's features swim trunks and clothing. Levi's has even come out with shibori-inspired jeans. But while mass-produced items lack the nuanced appeal of handcrafted works, they bring a surprising touch of texture and pizzazz to the familiar.

Despite widespread interest in shibori in the West, "we are still concerned with its survival in Japan," explained Yoshiko Iwamoto Wada, author of *Shibori*, and *Memory on Cloth*.

"Adapting shibori to something contemporary is the key to its survival," she said. "When the big designers come out with it and young artists take it in new directions, then more people here and in Japan start to pay attention." **THE ASSOCIATED PRESS**



Setting the scene: OriShibori patterns its table linens on Japan's centuries-old fabric art of shibori.

DAVID MALOSH/ORISHIBORI.COM/THE ASSOCIATED PRESS

Make shibori at home

For those inclined to take on do-it-yourself projects, shibori has never been more accessible. It can be done easily at home using minimal equipment.

- Urban Outfitters sells its own shibori kits, and lessons are widely available online, from basic for beginners to truly advanced. Martha Stewart Living features a project on its website using a standard pressure cooker

to make elegant shibori at home.

- Serious shibori artists and workshops across the country and internationally can be found through the Berkeley-based World Shibori Network. With a membership of dedicated artisans in Japan and around the globe, it was founded in the 1990s because of fears that the traditional craft would disappear.

LUXURY STUDENT LIVING

SPACIOUS FLOOR PLANS AND FURNISHED OPTIONS



**NOW LEASING
FOR MAY 2014**

**Varsity
HOUSING**

- Newly Renovated Suites
- Full-sized kitchen, dishwasher, storage closet
- Close to campus, local amenities & shopping

- Free tanning & fitness centre
- Theatre room and billiards
- Study lounge, laundry facilities

APPLY NOW!

CALL OR TEXT: 519-858-2525 VARSITYHOUSING.CA

Capulet Towers

50 Capulet Lane

- ★ Move in Bonus!
- ★ Indoor saltwater pool and whirlpool
- ★ Secured video controlled entrance
- ★ Fitness room



DREWLO

To book an appointment call **519-488-8120**
or visit **www.drewloholdings.com**

Londoner takes over top golf post

Golf Canada. Doug Alexander to take over as Golf Canada president



DAVE LANGFORD
dave.langford@metronews.ca

London's Doug Alexander has a love of junior golf, but even he realized the Canadian juniors were not a perfect fit for London in 2014.

Not in a year that will see the Canadian Pacific Women's Open event at London Hunt, the PGA Tour Canada championship at Sunningdale and the Canadian women's amateur in Woodstock.

Alexander, who will be officially installed as president of Golf Canada at its annual meeting Saturday in London, was more than happy to back down in his desire to have the juniors in his home city.

"We just reached the saturation point with both the clubs and the volunteer base, it didn't make sense," Alexander said. "We then finished up relocating the Canadian juniors out of the London market."

Alexander, a chartered accountant, said the heavy golf activity in the London area has nothing to do with the fact he takes over the top spot in Canadian golf in 2014. It will, however, reduce his travel as he will be on site for all the major Canadian events, in addition to the Masters, U.S. Open and British Open.

Alexander, 56, is only the third Londoner to take over



Doug Alexander officially becomes the new Golf Canada president Saturday. ANGELA MULLINS/METRO

the president's chair in 111 years. Only Lt.-Col. Claude Brown in 1938 and the legendary Sandy Somerville in 1957 have held the post previously. In addition, former Montreal Canadian Ray Getliffe was president in 1969 before he moved and made his home in London.

Alexander, who grew up in Glasgow and moved to Canada in 1981, said the challenges for Golf Canada are not major, with the organization showing a profit last year.

"I think we are in the best shape we've been for years."

That being said, there are always issues that can be addressed, he said.

"I would argue strongly

London-area events in 2014

- **Canadian Women's Amateur championship:** Oxford Golf and Country, July 22-25.
- **Canadian Pacific Women's Open:** London Hunt, Aug. 18-24.
- **Tour Championship of Canada presented by Freedom 55 Financial:** Sunningdale, Sept. 8-14.

that golf is still, at its heart, a great game. Everyone who is part of golf loves golf. I think we probably have to do more

to try to market the game, market the sport," Alexander said.

"I think in Canada, and it's part of our role as a national sports organization, is to try to bring everybody to work together in the sport."

Alexander said there are more than 60 organizations working in the game, including the 10 provincial organizations, golf course owners, superintendents and club managers.

"We talk a lot about growing the game," he said. "We're still probably the largest participation sport in Canada, so we're coming at this from a position of strength, not a position of weakness."

Heroes' welcome

Seahawks party with 12th Man

Hundreds of thousands of notoriously loud Seahawks fans cranked up the noise and went berserk during a parade to celebrate the franchise's first Super Bowl victory.

The mood in downtown Seattle was electrifying, as the parade featuring the Super Bowl champions got underway Wednesday near the Space Needle.

Revellers packed the three-kilometre route. They wore blue and green wigs, waved flags, scarves and signs, and erupted into spontaneous song and dance.

Police estimated about 700,000 people attended the event — that's more than the city's population — in perhaps the largest gathering in Seattle history.

THE ASSOCIATED PRESS

CFL

Chamblin named coach of the year

Corey Chamblin is the CFL's coach of the year.

Chamblin received the Annis Stukus Trophy at the league's annual coach of the year luncheon.

Kent Austin of the Hamilton Tiger-Cats and John Hufnagel of the Calgary Stampeders were the award finalists.

Chamblin, 36, capped his second season with Saskatchewan in style, leading the Roughriders to a Grey Cup championship on home soil.

Saskatchewan defeated the B.C. Lions 29-25 before qualifying for the Grey Cup by downing Calgary 35-13 in the West final.

THE CANADIAN PRESS

'You can't force healing': Stamkos staying home



Steven Stamkos has been out since he broke his leg Nov. 11. He underwent surgery to have a titanium rod inserted into his right tibia. NATHAN DENETTE/THE CANADIAN PRESS

Steven Stamkos will not play for Team Canada at the Sochi Olympics after tests revealed Wednesday that his broken right leg is not completely healed.

Tampa Bay Lightning doctors said they couldn't clear him to play after examining his most recent CT scan and will re-evaluate his condition again in two to three weeks.

It's a big blow for the 23-year-old, who had been optimistic earlier this week that he might be able to play by as soon as Saturday.

Yzerman's next decision

Hockey Canada did not immediately announce a replacement for Stamkos, though Claude Giroux, Lightning teammate Marty St. Louis and James Neal figured to be the leading candidates.

"Today is obviously very disappointing for me," Stamkos said in a release. "I honestly believe that we did

everything possible in order to have my injured leg ready in time for the Olympics, but I realize you can't force healing. I know, in the best interest of my long-term health, I cannot represent Canada in Sochi, as much as I would like to."

Lightning general manager Steve Yzerman, who is also Team Canada's executive director, said Stamkos "should not be participating in game action at any time in the near future."

THE CANADIAN PRESS

Greater in Year 8?



Kaillie Humphries and Heather Moyse practise a run at the Sanki Sliding Centre on Wednesday in Sochi, Russia. ALEX LIVESEY/GETTY IMAGES

Bobsled. She's dominated the circuit since winning gold in 2010, and Calgarian says she might have another gear for Sochi

Kaillie Humphries won Olympic bobsled gold four years ago and has finished first at the last two world championships.

In what should give her rivals cause for concern in Sochi, she is just now hitting her peak.

"They say it takes eight to 10 years to build a really good bobsleigh pilot," Humphries said. "I'm at year eight right now."

The timing seems to be lining up perfectly for the 28-year-old. She has won three World Cup titles this season and is in her usual perch on top of the overall standings.

She reunited with brakewoman Heather Moyse of Summerside, P.E.I., and they opened the campaign with an impressive win in Calgary.

Triumphant underdogs four years ago in Vancouver, now they're the team to beat.

Zen in a bullet



"You have to be able to feel, you have to be able to see.

So on the track walk I'm able to see things slowed down. I'm able to look at things exactly as they are."

Kaillie Humphries on racing down a bobsled run at 130 km/h.

"She's got great expectations," Canadian coach Tom De La Hunty said of Humphries. "She's won the last two world championships. So at the top level, she knows how to deal with the pressure and the pressure is going to be great this time I'll tell you."

Humphries has emerged as one of the faces of the Canadian team in the lead-up to Sochi. It's a position she seems to enjoy.

The Canadian bobsled team attended a half-hour introductory news conference Wednesday at the Gorki Media Centre in Sochi. Humphries stayed for an extra 20 minutes, holding court with reporters in her friendly and engaging manner.

The spotlight shines brightest every four years and Humphries is ready.

"Mentally I'm stronger," she said. "Physically I feel like I'm in a great position right now. Overall it takes a whole package. It's about balance, it's not just one aspect. I'm definitely a lot more well-rounded. I still get tested, I still have my moments when I fail those tests. "I still am learning a lot in the position that I'm in."

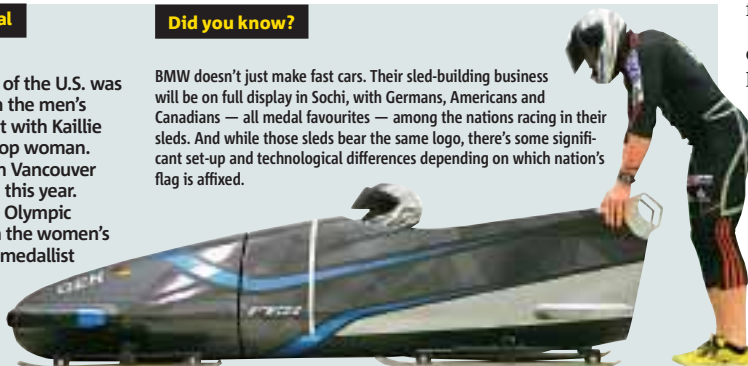
THE CANADIAN PRESS

Repeat potential

Steven Holcomb of the U.S. was the top driver on the men's World Cup circuit with Kaillie Humphries the top woman. Both won gold in Vancouver and might again this year. The U.S. has two Olympic track athletes on the women's team, with gold medalist Lauryn Williams and Lolo Jones qualifying as push athletes.

Did you know?

BMW doesn't just make fast cars. Their sled-building business will be on full display in Sochi, with Germans, Americans and Canadians — all medal favourites — among the nations racing in their sleds. And while those sleds bear the same logo, there's some significant set-up and technological differences depending on which nation's flag is affixed.



White's decision whack, Canadians say

The Sochi Olympics haven't even started, but the normally courteous Canadians are already leading the table in trash talk.

Canadian snowboarders Sebastien Toutant and Max Parrot both took to Twitter to criticize American star Shaun White's decision to pull out of the slopestyle event to focus on halfpipe, where he is the two-time defending Olympic champion.

"Mr. White... It's easy to find excuses to pull out of a contest when you think you can't win..." Toutant posted Wednesday after White announced his decision to sit out slopestyle competition.

Cocky Canuck

"Mr. White... It's easy to find excuses to pull out of a competition when you think you can't win."

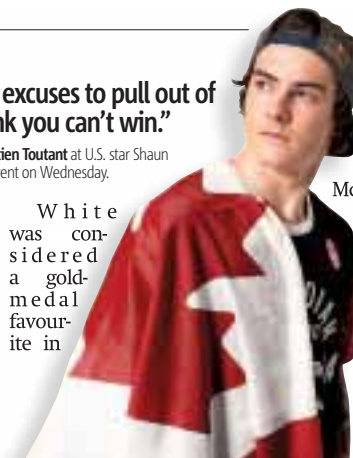
A Twitter jab from Canadian snowboarder Sebastien Toutant at U.S. star Shaun White, who pulled out of the Olympic slopestyle event on Wednesday.

ing potential injury concerns.

Parrot tweeted: "Shaun knows he won't be able to win the slopes, that's why he pulled out. He's scared!"

Both tweets were later deleted and Parrot posted an apology, saying he was sorry if he offended anyone and that he meant it's "not as fun to compete at the Olympics when the (top riders) aren't there."

White was considered a gold-medal favourite in



slopestyle, along with Parrot, the defending X-Games champion, and Canadian star Mark McMorris.

There has been plenty of hype about the McMorris-White rivalry leading into the Sochi Games.

Prior to the 2013 X Games, McMorris called out White, saying "he doesn't dominate slopestyle at all."

White jammed his wrist on one jump while training on the Sochi slopestyle course, which he deemed to be dangerous. THE CANADIAN PRESS

Canadian flag-raising

'Sense of majesty' at welcome party

As the sun set over Russia's Black Sea, it shined on the Canadian flag just as it was hitting the top of the flagpole with the national anthem playing in the background.

It marked an unofficial start at the Sochi Olympics for Canada. It didn't take long for chef de mission Steve Podborski to stop thinking about red and white and start dreaming about gold.

"When the Canadian flag went up, the sun is glaring on it, it blows out and you can see the Maple Leaf and

I'm thinking, 'I'm sure we're going to hear more of that,'" he said. "It was really, really great."

Before the flag went up, about a hundred Canadian athletes marched into the city's international plaza. They watched the Choir of Siberia sing and dance and a Russian honour guard march beside the stage.

It was an expression of Russian culture two days before the official opening ceremony in Sochi.

"The Russians really bring a sense of majesty and something big to a ceremony like this," Podborski said. "It was really charming."

THE CANADIAN PRESS



Team Canada is welcomed by the official flag-raising ceremony on Wednesday in Sochi, Russia. NATHAN DENETTE/THE CANADIAN PRESS

Flame arrives. Olympic torch reaches destination

The Olympic flame reached Sochi Wednesday, following a 65,000-kilometre route, the longest in the history of the Games.

The relay generated genuine public enthusiasm, featuring famous cultural figures, athletes and other

celebrities, and drawing big crowds across Russia.

But it also has seen some spectacular gaffes, with the flame flickering out on dozens of occasions and, in some cases, even engulfing the bearers.

THE ASSOCIATED PRESS

Record-setting journey

The relay started in Moscow on Oct. 7 and stopped at more than 130 cities and towns across Russia. Along the way, the torch travelled to:

- **The North Pole.** Aboard a nuclear-powered icebreaker, the ceremony involved torch bearers from eight Arctic nations.
- **Outer space.** On Nov. 7, a rocket carried the torch to the International Space Station. Cosmonauts Oleg Kotov and Sergei Ryazanskiy then took the torch on an unprecedented spacewalk Nov. 9. For safety

reasons, the torch didn't burn aboard the ISS.

- **Europe and Russia's highest mountain.** Russian mountaineers lit the torch atop Mount Elbrus — at 18,510 feet, the highest mountain in Russia and Europe.

- **The world's deepest lake.** In November, divers plunged into Lake Baikal, the world's biggest and deepest freshwater lake, with special torches burning underwater.



Olympians bringing the heat to Sochi

The most basic premise of the Olympics is to bring the athletes of the world together. In Sochi, those athletes are truly coming from all parts of the globe—whether their homeland is a winter wonderland or not.

THE ASSOCIATED PRESS



The Mexican ski jumper

Watch the ski-jumping competition and you'll know who the guy with no chance of winning is when you see him. Meet Hubertus von Hohenlohe, who was born in Mexico City, grew up in Austria and reportedly descends from German royalty. He'll have two claims to fame at the Sochi Olympics: He's 55 years old, and he'll be competing in a skintight mariachi costume.

The Indian luger

Shiva Keshavan's home nation has no luge track. That hasn't stopped him from making the Olympics again and again. Keshavan will compete in the men's competition that starts Saturday, and for a welcome change, he's sliding on ice. How does he train in India? His nation has plenty of hills, so he's got a specially made luge sled with wheels and he slides down Himalayan slopes. Oh, and he does that on roads. And while dodging cars. That's Olympic dedication.



The Miami speedskater

There's hotbeds of speedskating in the U.S., and apparently Miami is one of them. Jennifer Rodriguez represented Miami in the Olympic speedskating competition several times, and now Eddy Alvarez is adding his name to the list of South Floridians heading to the Winter Games. Alvarez is a Miami Heat fan, and learned to skate on rollerblades along South Beach.

The Spanish figure skater

Javier Fernández is no joke. He's a popular pick to medal in figure skating in Sochi, and with good reason. Never mind that Spain isn't exactly considered a place from which a Winter Olympic star would hail from, Fernandez has proven himself time and again against the best in the world. Spain has only two medals from the Winter Games, both in alpine skiing: a gold in 1972 and a bronze in 1992. If Fernandez delivers in Sochi, it would be enormous for his country.



The Cali crew

Finally, and while there certainly are parts of California where massive piles of snow can be found, consider this: There are more U.S. Olympians this year from the Golden State (20) than any other in the country. Colorado and Minnesota each have 19 representatives wearing the red, white and blue in Sochi, according to the U.S. Olympic Committee.

U.S. delegation

King to skip Sochi opening to take care of sick mom

Billie Jean King will not attend Friday's opening ceremony of the Sochi Olympics in Russia because her mother is ill.

King, who was selected to help lead the U.S. delegation to the Games, has been outspoken in her opposition to Russia's anti-gay law. She also planned to attend ice hockey and figure-skating events and meet U.S. athletes during her three-day visit to the Games.

The White House announced Wednesday that former U.S. hockey player Caitlin Cahow, originally scheduled for the closing ceremony, will take King's place.

King told The Associated Press that because of her mother's "failing health, I will not be able to join the U.S. presidential delegation at this week's opening ceremonies of the Sochi Olympics."

THE ASSOCIATED PRESS

No runnings. Jamaican bobsledders missing gear

Jamaica's beloved bobsled team had to raise money just to get to Russia. Now they've arrived at the Sochi Games—but without their equipment.

The Jamaicans were unable to make their first practice runs Wednesday because their luggage, with the runners for their two-man sled as well as all their sliding gear, was missing.

"The sled is here," driver Winston Watts said. "But the blades that we put our heart out to get, the airline maybe left them back in New York.

None of us have clothing."

Watts said he and brakeman Marvin Dixon missed their connecting flight in Moscow after being delayed by bad weather in New York. While other competitors got in unofficial training runs on the Sanki Sliding Center track, Watts was on the phone trying to find out what to do next.

If the runners, helmets and sliding suits don't arrive by Thursday, Watts said the team will borrow from other teams.

THE ASSOCIATED PRESS

Anti-doping agency nearing breakthrough

WADA. Backlog of samples expected to undergo HGH testing in coming weeks

The World Anti-Doping Agency expects a breakthrough within weeks to catch athletes who use human growth hormone.

Testing for HGH, including samples from Sochi Olympic athletes, should resume after being stalled by an appeal case ruling last year, WADA director-general David Howman said at a pre-Games briefing.

Howman said a backlog of samples has built up awaiting publication of peer-viewed results from two research projects involving 20,000 samples.

"We anticipate that in the next few weeks the publication will be accepted and therefore the test can be undertaken," Howman said.

Efforts to catch HGH users have been hampered by a Court of Arbitration for Sport ruling last March.

Two-time Olympic cross-



Cross-country skier Andrus Veerpalu of Estonia celebrates victory after a 2009 competition in Liberec, Czech Republic. Veerpalu was able to get a three-year doping ban overturned last month on a statistical technicality.

RICHARD HEATHCOTE/GETTY IMAGES FILE

country skiing champion Andrus Veerpalu managed to get his three-year doping ban overturned on a statistical technicality.

A CAS panel requested additional proof of accurate HGH analysis after saying that Veerpalu probably had used HGH.

Still, it upheld the Estonian's appeal against the

International Ski Federation sanction because statistical parameters for the test results could produce false positives.

The fresh research has largely confirmed the original statistics.

"Two independent teams reached a very similar conclusion in terms of what the decision limits should be, and they are very close to what was pre-

MGF drug scandal

WADA also said it was "totally outrageous" that a Russian scientist reportedly offered to sell a seemingly potent and undetectable new muscle-building drug to undercover journalists.

- Howman said the substance, known as full size MGF, has only previously been trialed on animals, and WADA president Craig Reedie said it would be "potentially very dangerous" if athletes took it.

viously written and looked at in the Veerpalu case," Howman said.

Veerpalu, now 42, retired from racing after his January 2011 positive test, but his court victory cleared him to stay in the sport as a coach or official.

Veerpalu is expected in Sochi as part of the coaching team for Kazakhstan cross-country skier Alexey Poltoranin.

THE ASSOCIATED PRESS

FireFighter Career

FOUNDING SPONSOR



EXPO

Sat, Feb 22, 2014

Cambridge Hotel & Conference Centre

To Register:

Call: 1-888-599-2228 ext. 213

Email: tjacobs@annexweb.com

Online: firefightingincanada.com/FFCareers



Horoscopes

Aries

March 21 - April 20

Something will happen today that takes you by surprise but if you stand back and look at it in an objective light, you will see it had to occur. Chances are a few weeks from now, you will be glad it happened.

Taurus

April 21 - May 21

Do you go out and have fun or do you stay in and get work done? If you are smart — you will sacrifice short-term enjoyment for long-term peace of mind.

Gemini

May 22 - June 21

You have thought about what you are planning and all you need to do now is get on with it. Don't worry that certain people may not approve. Most likely they're jealous.

Cancer

June 22 - July 23

As Mercury turns retrograde today don't take anything for granted. But the world should not take you for granted either. Do something out of character, something no one would ever expect of you.

Leo

July 24 - Aug. 23

Unexpected events will disrupt your routine today and you won't be happy about it. But as there is nothing you can do to change things there's not much point getting uptight about it, is there? Stay calm and carry on.

Virgo

Aug. 24 - Sept. 23

If a colleague makes an error and causes you problems today, don't make a big deal of it. Everyone makes mistakes so do what you can do make them feel better.

Libra

Sept. 24 - Oct. 23

There will be disorder today, most likely at work. Colleagues may discover that they are not up to keeping the promises they made. You could see it coming, so you won't be fazed.

Scorpio

Oct. 24 - Nov. 22

You may have to be abrupt with certain people today, simply because they are too slow to work things out for themselves. Don't bruise egos for fun but make sure what needs to get done does.

Sagittarius

Nov. 23 - Dec. 21

With mind planet Mercury beginning one of its retrograde phases there is simply no point rushing to get things done. In the greater scheme of things, they're really not that important.

Capricorn

Dec. 22 - Jan. 20

Be careful when dealing with those whose outlook on life is different to yours. If you adopt the attitude that you're always right and they're always wrong, conflict is inevitable.

Aquarius

Jan. 21 - Feb. 19

You try to be honest in your dealings but you just can't get through to people. This is likely to be a theme of the next few weeks while Mercury moves retrograde, so get used to it.

Pisces

Feb. 20 - March 20

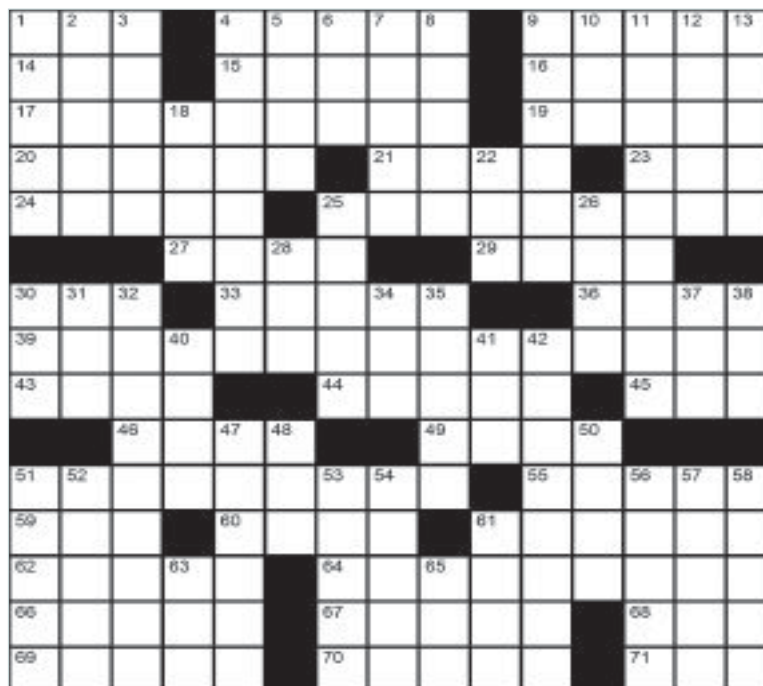
You're hardly a decisive person and with Mercury, planet of communication and the mind, turning retrograde in your sign today you will change your mind yet again. Others won't like it but you are who you are.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Not near
- Played over
- "Batman" star Adam, and surname-sakes
- Tenn. neighbour
- Southwestern Ontario gorge village
- Sir Newton
- Wayne and Shuster: 2 wds.
- Steamy spot
- Geena's 1991 title role
- Captain Hook's sidekick
- Wine aperitif
- Coffee brand
- Helmet part: 2 wds.
- Simon Cowell's production company
- Athena's walkway
- "___ sure be nice if..."
- Some sound
- Feminine suffix
- PEI is geographically unique because it what?: 3 wds.
- Uni
- Also, in Montreal
- Kit
- "Wow."
- Ages
- Certain classical composer
- Ms. Knightley
- Marion ___ (Pioneering female aviator of Canada, b.1918)
- d.1995)
- Use red pen
- Did a sports team transaction
- ___-toothed tiger
- Canadian actor who plays Captain Renard on "Grimm": 2 wds.
- Carpeting 'spot'
- "We Can Work ___



- by The Beatles
- Navigator's dir.
- Goes up-and-down in weight
- Crowned heads in Russia, once
- Brit's thank yous

Down

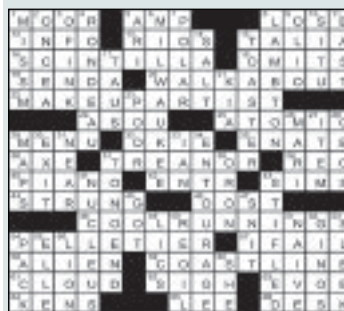
- Actualities
- Hawaiian hi

- Noodle dish
- Eddie __, Marius in "Les Misérables" (2012)
- "Air Force One" (1997) actor Mr. Baskin
- Towels holder
- In ___ (Hurried)
- Ms. Watts
- Most sage
- Conductor, ___ Pekka Salonen
- Bigg Soxx: Canadian rapper on new song "Heroes" feat. Choclaire, prod. by C4ENT.
- Actress Ms. Raymonde
- Cliff type
- Deer sorts

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

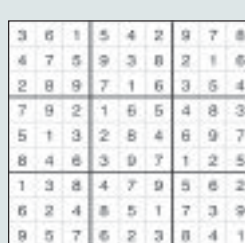


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-9°/-17°

Variable

Friday

-12°/-19°

Variable

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network | HD

TWN incorporates MSC data



FEELING GRAY? GOT THE WINTER BLUES?

Show us how you wear colour & become a global street style star

MODMODS.COM MONTH OF COLOUR

MODMODS.COM • A NEW SITE FOR THE LATEST IN STREET STYLE • FASHION • BEAUTY • TRENDS • BLOGS





Big Brothers Big Sisters
of London and Area

BIG things happen here!
Be a part of making our community stronger!

Get your team rolling for bowling!

Bowl for Kids Sake is almost here! But, don't worry there is still time to register!
To register your team, visit: www.bbbsola.org

Bowl for Kids Sake Event Dates:

Wed. Feb. 19, 2014, 7pm-9pm *CORPORATE CHALLENGE*

Sun. Feb. 23, 2014, 12pm-2pm

Tues. Feb 25, 2014, 7pm - 9 pm

Wed. Feb. 26, 2014, 7pm-9pm

Location: Palasad South (141 Pine Valley Blvd.)

To make a donation, or to sponsor a bowler, visit: www.bbbsola.org

**All proceeds raised from Bowl for Kids Sake will support
Big Brothers Big Sisters of London & Area!**

Questions? Contact us!
skohn@bbbsola.org
519-438-7065 x6221

